

Sustain Mid Maine Coalition Newsletter



AUTUMN 2010

Residential Energy Project

by Casey Bromberg & Linda Woods

Efficiency Maine Trust recently awarded funding to offer low-cost energy audits and home winterization benefits to **residents of Waterville and Winslow**. The funding is the result of a collaborative effort between Waterville, Winslow and the Sustain Mid Maine Coalition. Sustain Mid Maine Residential Energy Program (SMMREP) will provide each homeowner a rebate of up to \$300 toward the cost of a full home energy audit. If clients choose simple winterization for their homes, SMMREP will invest \$75 in materials such as window inserts, caulking, and insulation. Our representative will also teach home owners how to continue winterizing their homes. Homeowners considering weatherizing their homes will receive free financial counseling on all available state and federal rebate programs, low-interest

loans, and private funding options before any upgrades are started. Weatherization projects completed in 2010 are eligible for up to \$3000 or more in rebate from Efficiency Maine and up to \$1500 in federal tax credits.

If you live in Waterville or Winslow and would like to participate in this program, contact SMMREP's project manager **John Reuthe at 680-4208**. He will arrange a free, no obligation home assessment. After your free home assessment, you can choose to set up the first phase of the energy audit. Once that is completed, you can meet with the project manager and financial consultants to decide on the home winterization or weatherization plan that makes the most sense for your home. As you move forward, SMMREP will assist you in booking contractors and making optimum choices in retrofitting equipment

and in completing rebate applications. Following your upgrades, SMMREP can schedule your final phase energy audit, so you can obtain a rebate of up to \$400. SMMREP will assist you in completing any remaining paperwork toward state and federal incentives and help you create a long-term energy savings strategy for your home.



John Reuthe, Project Manager
680-4208

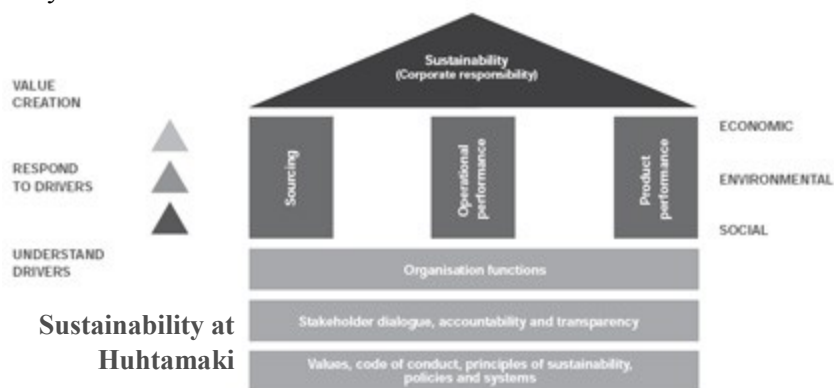
***Save the Date: Saturday, January 15, 2011, for the
Sustain Mid-Maine Coalition Annual Meeting***

Huhtamaki Tour by Lass Von Appen

The Rethink, Reduce, Reuse, Recycle Team toured Huhtamaki. Ray McMullin, mill manager, gave an overview of the mill's operating history and its importance to the community. Huhtamaki makes Chinet plates, four-cup carriers, and other food packaging from 100% recycled fiber. Huhtamaki employs about 400 people. Our tour was conducted by Andy Gibbs, pulping systems' supervisor, who is in charge of operations to recycle the raw materials to be used to make paper, and Keegan Yang, technology manager of molded fiber research and development. They talked about the efforts Huhtamaki has made in conserving and reducing energy and water use over its many years, thereby saving money and helping the company as a whole. On the tour we saw a collection of the enormous amounts of raw materials Huhtamaki uses to make its products. They showed us recycled paper being stirred in big drums and broken down into a gray slurry, called pulp. We saw rotating machines with funny names like "Big Bertha" and "T-Rex" which form the pulp into paper plates and dried them, by sucking or blowing air through them. We saw piles of imperfectly-made, discarded plates which would be recycled back into new paper plates. It is promising to see that a manufacturing company using recycled materials has survived and prospered in our community.

Green Expo by Linda Woods

Again this year the Education Team sponsored the Green Expo in conjunction with the Taste of Waterville, which attracts many visitors. Various presenters arranged their materials downstairs at Barrels Community Market to showcase their energy-efficient products. Exhibiting were Charlie Holly & Bo Jespersen from The Breathable Home; Bill Basford with inside storm windows; Bruce Willette, a specialist in solar and geothermal sales and service; Chuck Lakin, a home funeral educator; Jamie Nemecek from Unity College; Glen Benatchez from Monitor of Maine; Beth Otto, a representative from Maine Energy Education Program; Heather Spaulding from MOFGA; and Suzanne Duplissis and Bruce White from The Waste Management and Recycling Program. Two of the booths featured Sustain Mid-Maine Coalition Teams: John Reuthe represented the Energy Team, and Blanche Davison and Geoff Hill members of the Rethink, Reduce, Reuse, Recycle Team, had a composting demonstration. If you would like any information about any of these exhibits, contact Linda at lwoods@waterville-me.gov.



Oakland's Community Garden Update by Mary Dunn

The first season of the Oakland Community Garden was successful. The garden was open for planting on Memorial Day Weekend. Gardeners enjoyed beautiful weather for planting their warm season summer crops. Along with the eleven raised beds that were built by volunteers, there were two fifty gallon water barrels that were maintained by the Oakland Fire Department. These gardens would never have been built had it not been for the support of Sustain Mid Maine Coalition and the town of Oakland. Seed was donated by Johnny's Selected Seeds of Albion, and tools were donated by Aubuchon Hardware Store. The eleven raised beds produced a variety of vegetables and herbs, from tomatoes, cucumbers, and peppers to potatoes, lettuce, and basil. The summer weather also allowed opportunities for planting cool season fall crops such as spinach, lettuce, and carrots. The produce was enjoyed by the gardeners themselves as well as recipients at the Oakland Food Pantry and the Mid-Maine Homeless Shelter. Two garden beds were used by staff and students at Messalonskee Middle School. If you are an Oakland resident interested in a plot in the community garden for 2011, contact Mary Dunn at mdunn80@gmail.com.

Moor Street Garden Success! by Stu Silverstein

The Moor Street Community Garden was established this past spring. On the day the garden beds were set out, residents in the neighborhood streamed from their homes and quickly reserved the 12 garden spots. This was certainly very gratifying to those of us who created the garden on Moor Street, and we were eager to celebrate. In July, a Grand Opening Celebration was held with live music and lots of complementary food. Ellen Paul and Mary Dunn baked rustic pizzas in a portable wood-fired oven with the assistance of some of the neighborhood kids. Neighbors and gardeners joined in the merriment by showing off their garden plots or sharing stories from the area. Thanks to all of you for making this a successful event. Waterville residents are fortunate to have community gardens plots available on both North Street and Moor Street. By the 2011 gardening season, Winslow residents will have the same opportunity to obtain a community garden plot. To reserve a plot in either Waterville or Winslow for 2011, contact Linda at lwoods@waterville-me.gov.



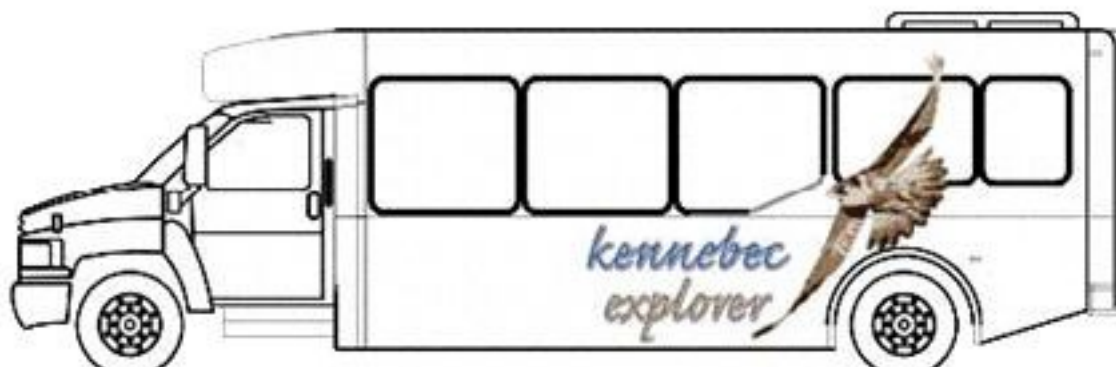
Mary Dunn at the Moor Street Community Garden Grand Opening

Public Transit Upgrades by Jim Wood

KVCAP will be implementing updated public transit service in November 2010. The system currently known as KV Transit will have a new look and new identity. The new system will feature updated route structures with improved time schedules. The new service will be known as *Kennebec Explorer* and will feature new 16 passenger low-floor buses with two wheelchair securement positions. The buses are designed with passenger and driver convenience in mind. The buses have internal

ramps instead of steps and are designed to be easy for all passengers to board, including passengers with disabilities. In addition to a brand new route that will run between Waterville and Augusta, service within the two communities will feature a broader service area and more frequent service intervals. The service improvements will be implemented as the result of a year-long Transit Needs Assessment that was conducted in association with the Maine Department of Transportation and included a number of public

forums to gather input on service needs. The new service is the first stage of a planned expansion that could include expanded commuter options and additional buses over the next 5 years. *The Kennebec Explorer* theme builds on the success of other Maine Explorer projects administered through Maine DOT such as the *Island Explorer* in Acadia National Park, The *Shoreline Explorer* in Southern Maine and the *Mountain Explorer* in the Sugarloaf Mountain region.



Reusable Shopping Bags by Blanche Davison

The reusable shopping bags have arrived, and they look terrific. The Rethink, Reduce, Reuse and Recycle Team's idea was to promote two of our objectives with these bags: first to stem the proliferation of plastic bags, and second to provide an attractive, reusable bag for shoppers. We also hope to promote the Sustain Mid Maine Coalition name to the folks who don't know we exist. The bags feature our eye catching logo on the front with a plea to use the bag in memory of my late husband, Art Davison. Art was an ardent nature lover and had donated much of his time to the conservation movement.

A few of his efforts include: creating a nature trail for the blind in Rye, NY when he was the chairman of the Telephone Pioneers of NY Telephone and working with me to start the Putnam County Recycling Council. After moving to Maine, Art designed and built an award winning, energy-efficient passive solar house as well as serving as President of The Damariscotta Lake Watershed Association for four years.



Blanche presents a bag to Councilor Stubbert

Food & Garden Series by Kate Newkirk



Caragh & Kate at the Farmer's Market, Waterville

The Sustain Mid Maine Coalition's Education and Community Garden Teams combined to present the 2010 Food and Garden Series with a focus on growing, using, and saving food. The first three programs "Planning and Starting Your Vegetable Garden," "Gardening for Success in 2010," and "Small Space Gardening and Raised Beds" featured Caragh Fitzgerald, of University of Maine Cooperative Extension, discussing aspects of beginning and organizing the growing season. June's program was a discussion titled "Eating Healthy: Vegetarian, Vegan or Omnivore" led by Alan Majka, Assistant Cooperative Extension Professor. Linda Woods, of Sustain Mid Maine Coalition, gave the perspective of the vegetarian; Dr. Eileen Fingerman, of Maine General, the vegan perspective; and Cheryl Wixon, Organic Marketing Consultant and Chef with the Maine Organic Farmers and Gardeners Association, that of the omnivore.

The July program was "Meet the Waterville Farmers' Market and Use Local Foods Demonstrations." This program was held in cooperation with the Waterville Farmers' Market and Waterville Main Street.

Other agencies involved were HealthReach Network: Women, Infants and Children's distribution of WIC Farmers' Market vouchers and Waterville Public Library's Children Summer Reading Program "Locavore Challenge Week." U Maine Cooperative Extension Nutrition Associate, Jane Allen, with Caragh Fitzgerald and others, provided food preparation demonstrations and samples made from ingredients supplied by the market's farmers. The afternoon events consisted of children's games designed to engage both adults and children in dialogs with the market farmers. "Keeping What You Harvest" was held in August to coincide with the peak garden period. Kate McCarty, Food Preservation and Food Safety Program Aide with University of Maine Cooperative Extension, discussed preservation and safety techniques, including freezing, canning, and storage/root cellaring.

SUSTAIN MID-MAINE COALITION

For more information contact:
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Phone: (207) 680-4208

Check out our website!
www.sustainmidmaine.org

Contact our team leaders for volunteer opportunities:

Rethink, Reduce, Reuse, Recycle Team: Ross Nason, rnason@kvcog.org

Energy Team: John Joseph, john.joseph21@myfairpoint.net

Local Foods Team: Stu Silverstein, ssilverstien@gmail.com

Education Team: Iver Lofving, ilofving@msad54.org

Transportation Team: Jim Wood, jimw@kvcap.org